

BEGINNING STRENGTH EXERCISES FOR BACK AND ARMS

ROWS WITH CHECK-MARK FEET AND A THERA-BAND

This one gets its name from the position of the feet, which are placed out in front of the knees, toes up. The feet and lower legs look like a check mark.

Benefits »

- Strengthens muscles of the midback.
- Encourages and reinforces tall sitting.
- Allows participants to strengthen back muscles while remaining seated.
- Feels great!

Set It Up »

Each participant will need a Thera-Band for this exercise.

How to Do It »

The Start

- Participants Tall Sit at the edge of their chair.
- They place their heels on the ground beyond the knees and lift their forefeet off the ground so only the heels are touching the ground. (Feet and lower leg will form a check mark.)
- Place the middle section of the Thera-Band on the floor under the feet, stirrup style.
- Wrap the ends of the band around the hands until the band is tight when the hands are on their lap, near the knees. Hold hands in the thumbs up position.
- Participants inhale to prepare and pull their trunk up into a Tall Sit position (abs braced, ribs lifted, head retracted, shoulder blades back and down, shoulders over hips).



The Moves »

Use the following cues.

- ⊙ Exhale and pull the band backward in a rowing motion.
- ⊙ Pull the band far enough back that the elbows end up behind the torso.
- ⊙ Pull yourself into a slightly taller sit. Hold that position a moment.
- ⊙ Inhale and return to the starting position.
- ⊙ Repeat 8 to 15 times, as tolerated.

Take It Further »

- ⊙ Tighten up on the bands or use a heavier band with more resistance.
- ⊙ Do slower repetitions.
- ⊙ Hold the end point longer.

Give It More Balance »

- ⊙ Pull the arms back alternately.
- ⊙ Place heels on a balance disc.
- ⊙ Dim the lights.
- ⊙ Participants close their eyes (*only* if the chairs have arms).
- ⊙ Sit on a balance disc (*only* if the chairs have arms).
- ⊙ Sit on a balance disc, alternate arms, and close eyes (*only* if the chairs have arms).

Keep It Safe »

Participants should keep their heels on the ground at all times. Most will tend to lean back whenever they pull the band backward. To prevent backward leaning, simply remind them to keep their shoulders over their hips and core stabilized.